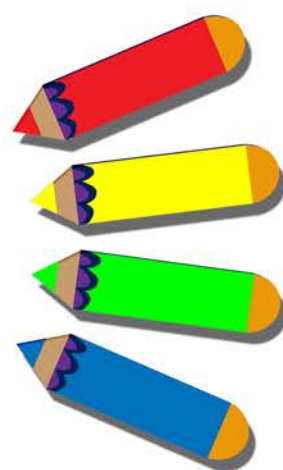


**I
AM
DISASTER
READY**



BOOKLET ON SAFETY MESSAGES FOR CHILDREN

An Initiative by
ASSAM STATE DISASTER MANAGEMENT AUTHORITY
DISPUR ASSAM

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WHAT IS A DISASTER ?



EARTHQUAKE



STORM



FLOOD

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FIRE

EMERGENCY KIT



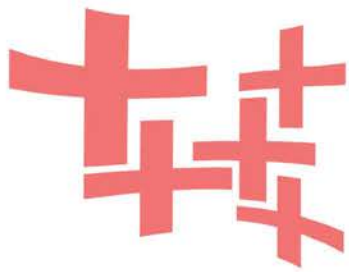
CALL 108



FUN TO LEARN

CONTENTS





INTRODUCTION

Children are vulnerable to the threats posed by natural hazards. At the same time, they can be powerful agents of change, provided they are well armed with knowledge about how to prepare in advance, how to act on warning and how to reduce risk at home and in their communities. It is essential therefore, to make disaster reduction a component of the school curricula, and to ensure that children understand how natural hazards interact with the environment. Young people should also be included in community risk mapping exercises, and have opportunities to share experiences and best practises with others, including their peers. Disasters may strike quickly & without warnings. Over the last decade, disaster triggered by natural hazards have claimed more than 600,000 lives and affected more than 2.4 billion people, the majority of them in developing countries. These events can



be frightening for adults, but they are traumatic for children if they don't know what to do. It is therefore important to give children guidance that will help them to cope with such an event.

The theme of 2011 for "International Day for Disaster Reduction" was **Disaster Risk Reduction Begins in School**. It highlights the need to keep our children safe and to involve them directly in our work to strengthen disaster preparedness.

- 1 Schools must be safe
- 2 Children have a right to participate and to access information on disaster risks
- 3 Child protection must be a priority, before, during and after a disaster
- 4 Disaster Risk Reduction must reach the most vulnerable



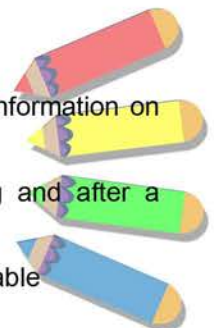
In Nepal and elsewhere, school children are taught the basics of home and building safety.

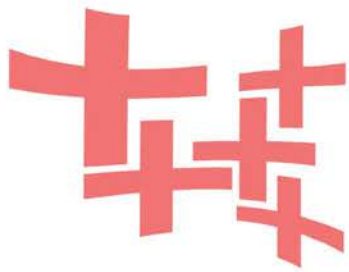
Risk reduction and climate change adaptation activities involving children in Cuba are now being emulated in other parts of the world.

Most recently, more than 600 African, Asian and Latin American young boys and girls developed a Children's Charter to reduce disaster risk. The message is clear: Disaster risk reduction should be an everyday concern for everybody.

Let us all invest today for a safer tomorrow.

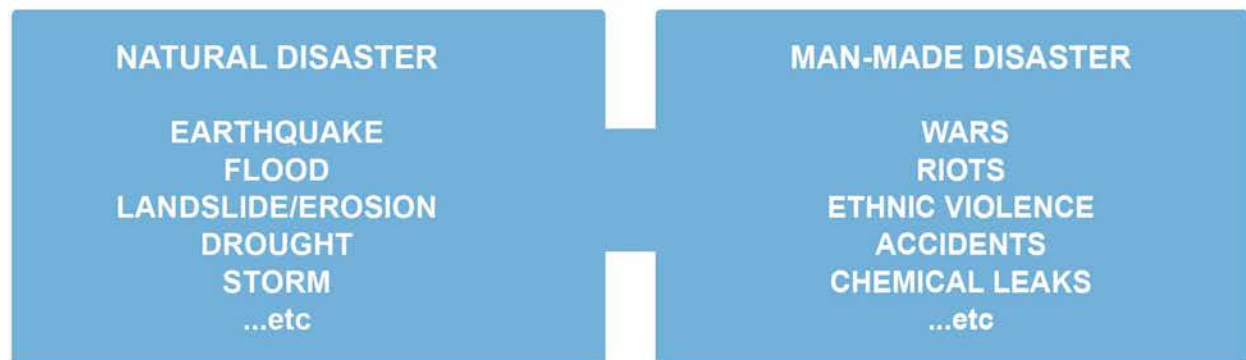
- Ban Ki Moon, 2011



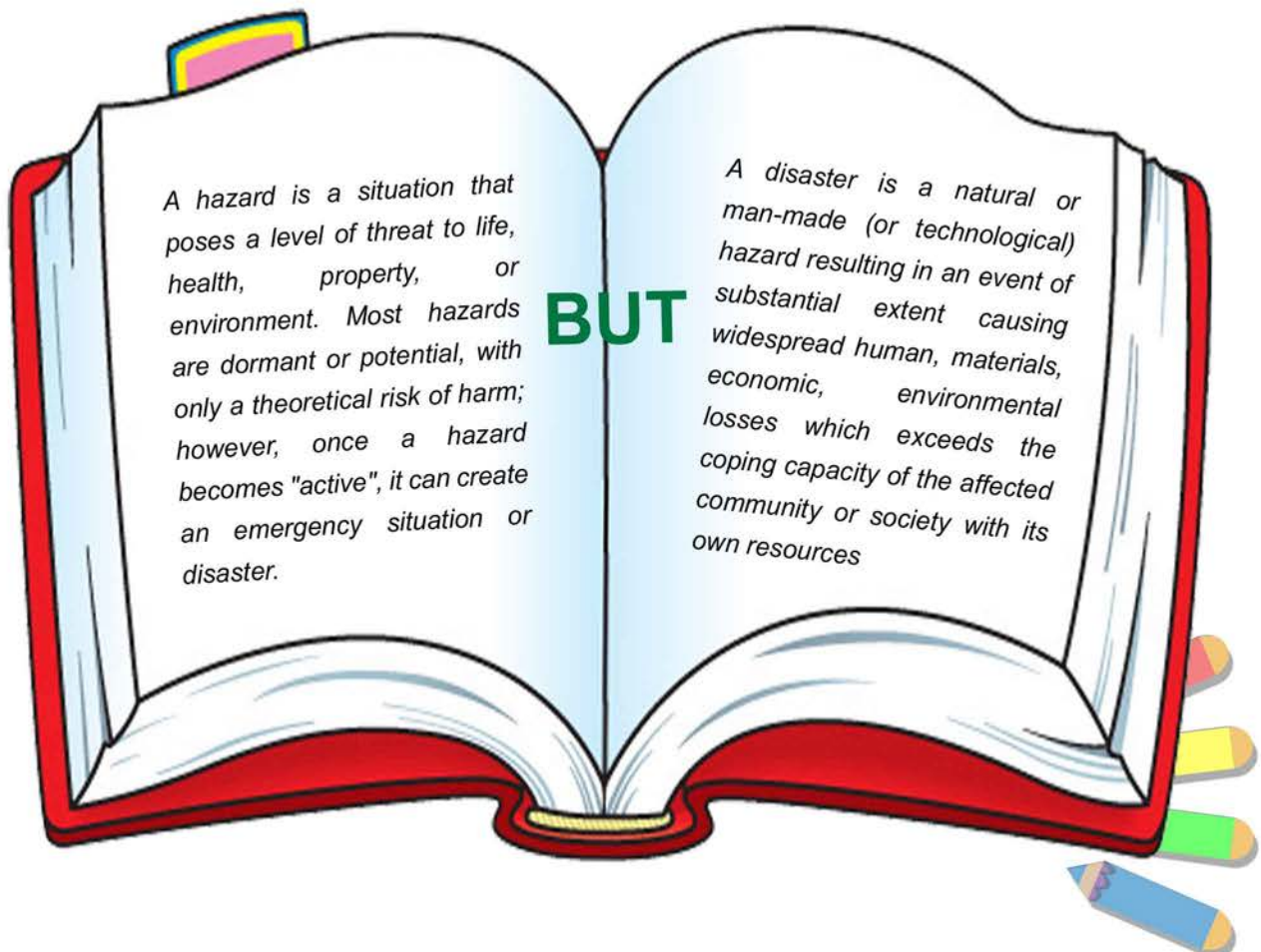


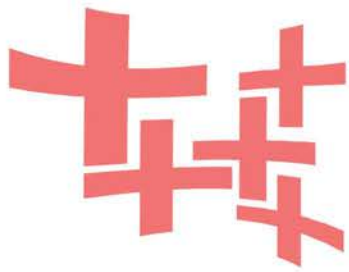
WHAT IS A DISASTER?

A disaster is any event natural or man-made, which threatens human lives, damages private and public property, infrastructure & environment and disrupts social and economic lives beyond the coping capacity of the affected community. The onset of a disaster can be sudden (e.g. earthquake) or progressive (e.g. drought). Disasters may be classified into two broad categories.



DIFFERENCE BETWEEN HAZARD & DISASTER





INDIA'S HAZARD PROFILE



Earthquake

Flood

Drought

Landslide

Storm/Cyclone

WHAT HAPPENS IN A DISASTER?

- Loss of human lives
- Injuries
- Loss of property (home, land)
- Loss of economic assets (machines, vegetation, livestock)
- Loss of means of livelihood
- Loss of infrastructure (roads, public buildings, water systems, electricity, industry plants)



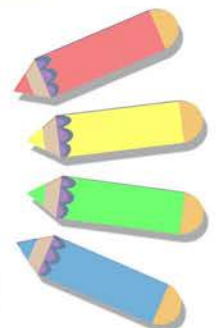
www.chinadaily.com.cn

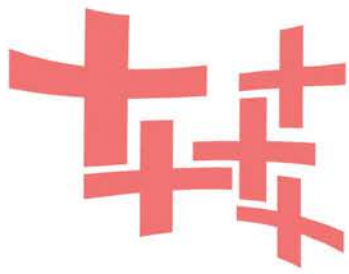


www.firstspot.com



www.facenfacts.com

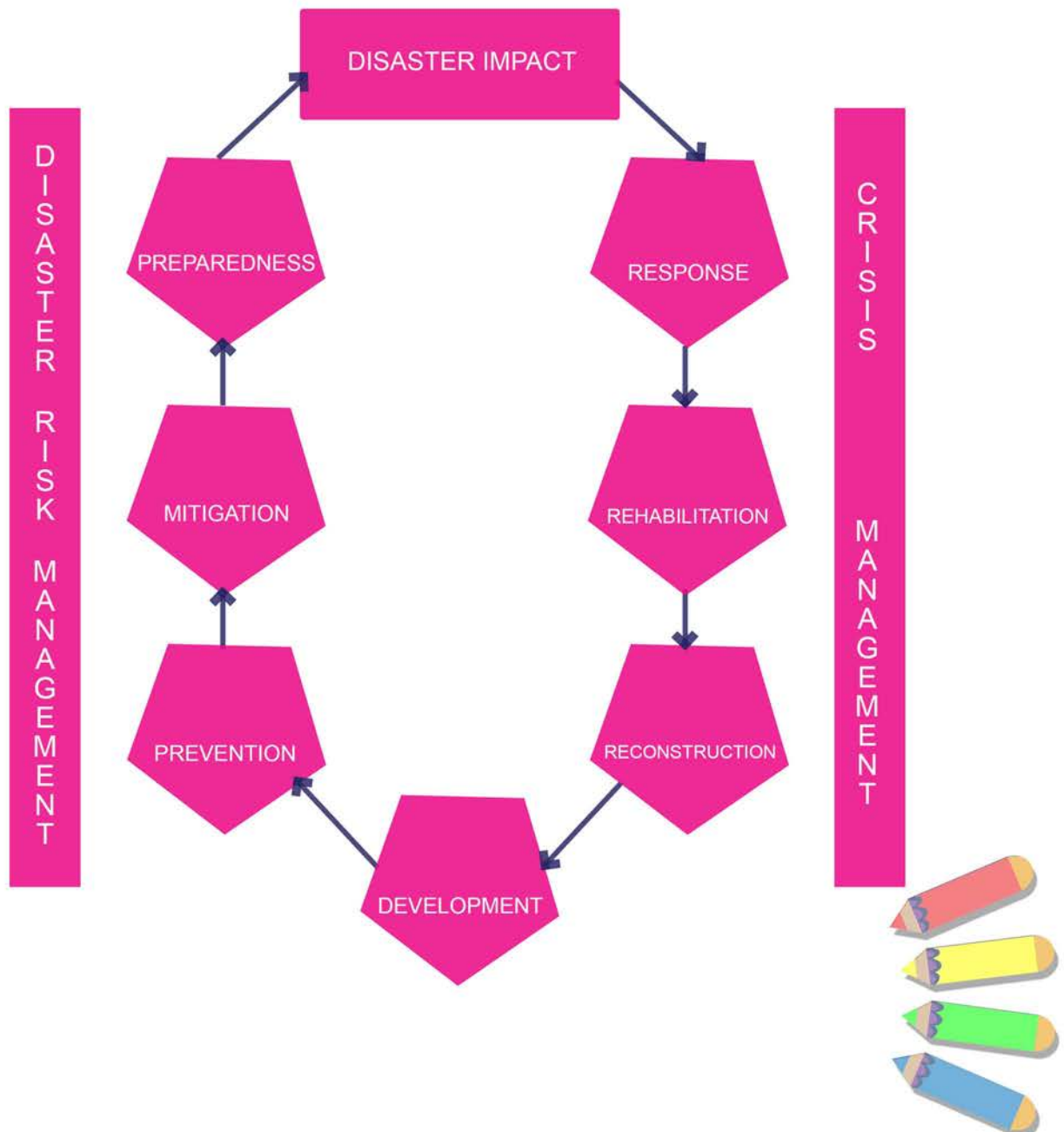




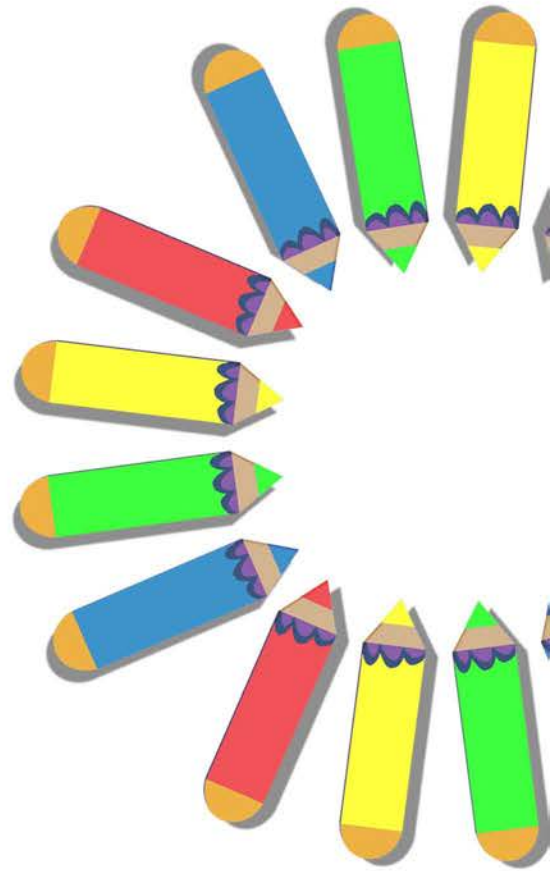
DISASTER MANAGEMENT

Disaster Management can be defined as the organization and management of resources & responsibilities for dealing with all humanitarian aspects of emergencies viz. preparedness, response and recovery in order to lessen the impact of disasters. It is the effort to foster development by reducing the toll of disasters.

PHASES OF DISASTER MANAGEMENT

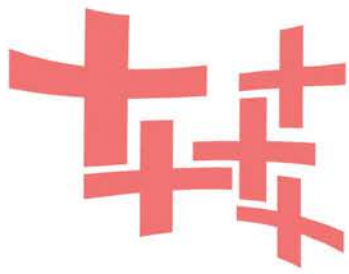


I AM EARTHQUAKE READY



Earthquakes are usually caused when rock underground suddenly breaks along a fault. This sudden release of energy causes the seismic waves that make the ground shake. During the earthquake and afterward, the plates or blocks of rock start moving, and they continue to move until they get stuck again.





DO'S AND DONT'S

SAFETY MEASURES ON EARTHQUAKE: KNOW WHAT TO DO WHEN THE SHAKING BEGINS

Keep calm and take cover under a heavy/ sturdy table or desk



Do not panic & do not run outside. Dangerous object may fall and hurt you



Stay away from Glass, windows or anything that could fall like a bookcase etc. They may hurt you. Move only a few steps to a nearby pre-identified SAFE place



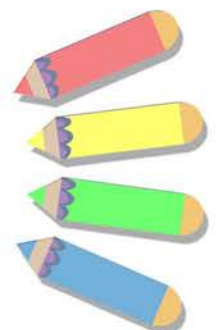
Wait in your safe place till the shaking stops and you are sure its safe to exit

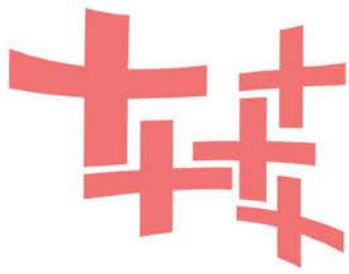


If you must leave a building after the shaking stops, use the staircase. Do not use the Elevator (Lift)



If you are outdoors, move away from buildings, street lights & over head power lines. Crouch down & cover your Head





DO'S AND DONT'S

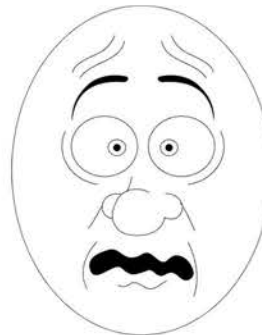
If you are driving a Vehicle, pull over to a clear location, stop and stay there with your seat belts on



Stay away from bridges, overpasses & tunnels



If you are in the Stadium, Go to the open Field and Not the Exits



If you are in a public place, steer clear of panicking crowd & structural hazards.

After the earthquake, Stay Calm and be prepared for after-shocks



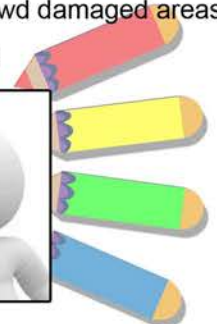
Do not enter damaged Building



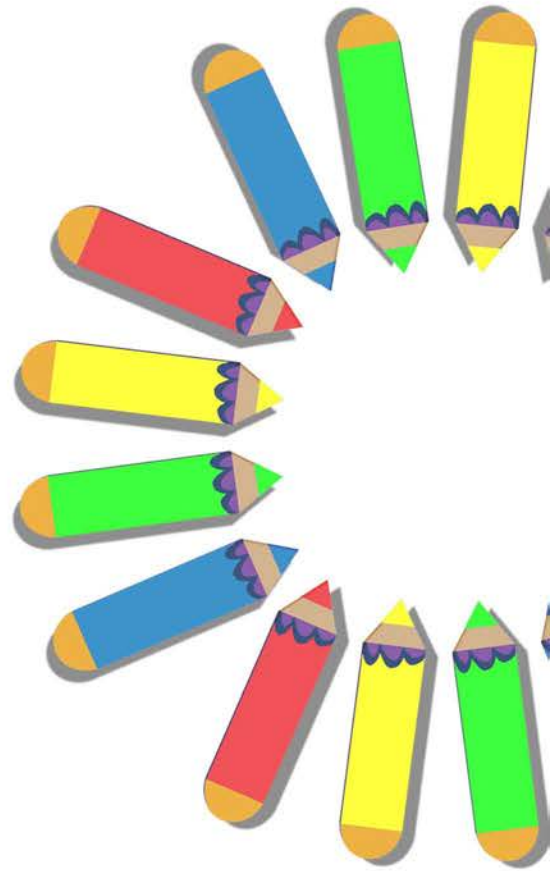
Do not use Telephones except in extreme Emergencies (Fire & Medical)



Do not Spread rumours and crowd damaged areas unless help has been requested

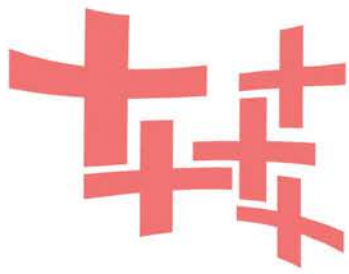


I AM STORM READY



Storm is a violent disturbance of the atmosphere marked by strong winds, hail, usually rain, thunder, lightning, rain etc.





DO'S AND DONT'S

BEFORE THE SEASON OF STORMS AND HEAVY WINDS, STAY PREPARED

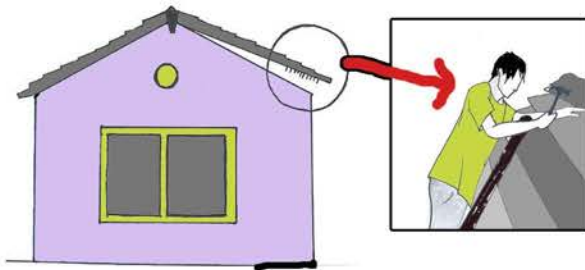
If the door and window latches of your house are not working and there are cracks/gaps in the window or door panes do the repair and replacement works



Repair cracks/gaps in the window or door panes



If your house has a tin roof check for loose nails, holes, leaks and rusty areas and do the repair works



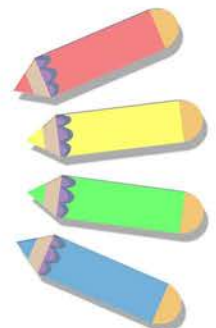
Remove dead branches or dying trees from your yards which could blow about and cause damage to your house

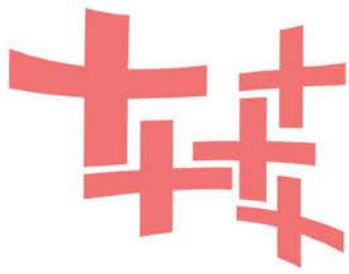


If your house has a thatched roof check for the damages done by growth of algae and moss, rodents, birds and previous storms, and re-thatch, strengthen and replace the broken bamboo



Listen to the weather forecasts regularly

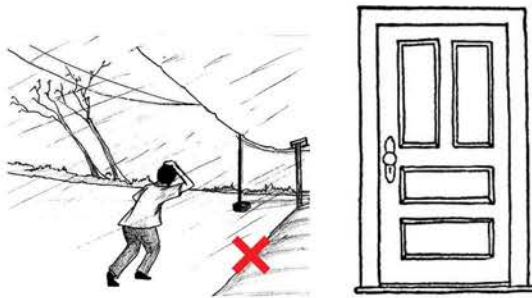




DO'S AND DONT'S

DURING STORMS AND HEAVY WINDS, KNOW WHAT TO DO

Do not venture out and stay indoors with doors and windows closed during a storm



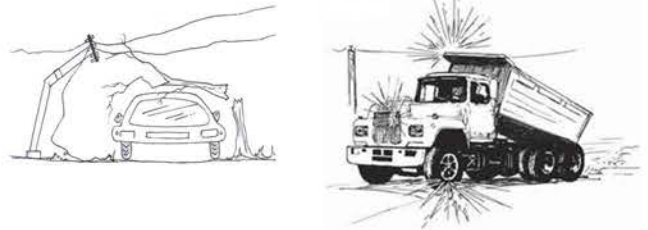
Do not take shelter in small sheds and under isolated trees



Take shelter in a safe structure



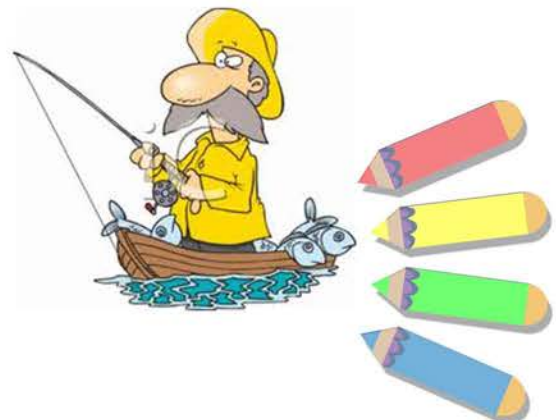
If you are driving, stop your car and park in a safe place away from power lines and trees



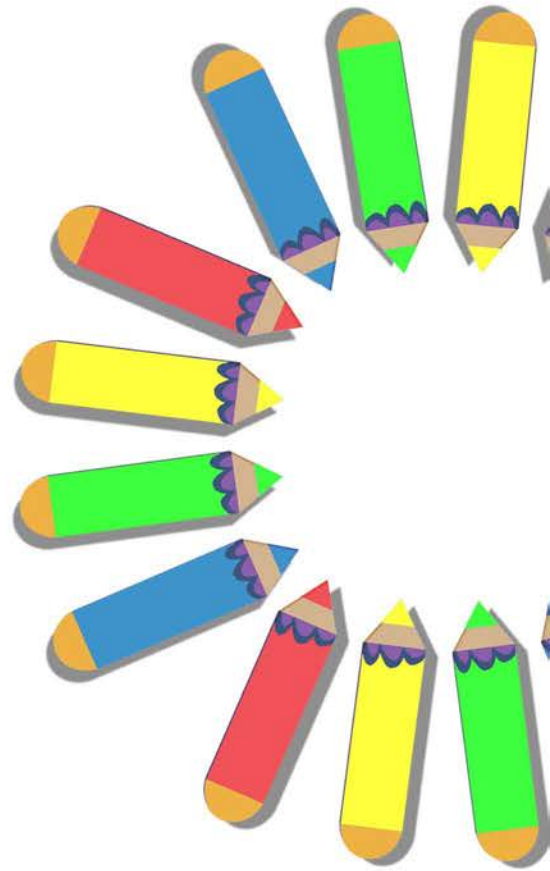
Avoid boarding a Ferry if you see dark clouds in the sky accompanied by strong winds. Know the carrying capacity of your Ferry and avoid boarding an overloaded Ferry



Do not go out for fishing

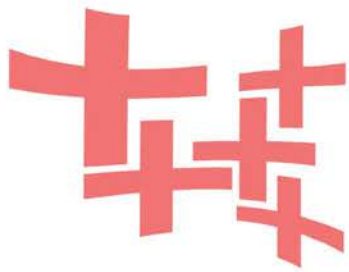


I AM FLOOD READY



A flood is an overflow of water that submerges land which is normally dry. It is caused by intense storms that produce more runoff than an area can store or a stream can carry within its normal channel. Some floods develop slowly, while others such as flash floods, can develop within a very short time. Urban floods are floods that happen in a relatively short period of time and can inundate an area with several feet of water mainly in urban areas.





DO'S AND DONT'S

IF YOU LIVE IN A FLOOD PRONE AREA, KNOW WHAT TO DO BEFORE THE FLOOD

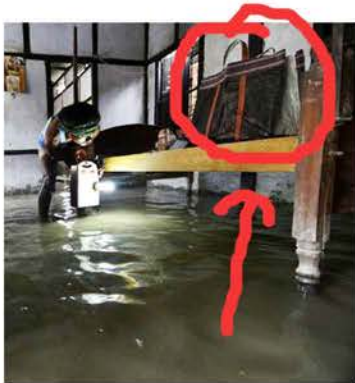
Be prepared. Keep an Emergency Kit ready. The kit should contain stocks of fresh water, dry food, rope for tying things, medicines, torch with batteries etc.



Know the route to the nearest high ground or safe shelters.



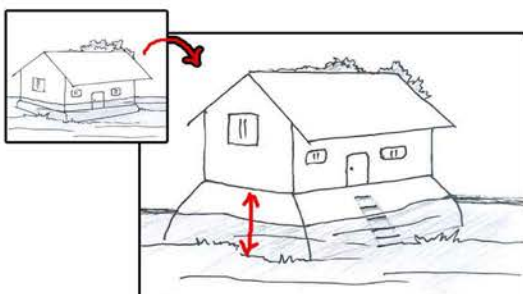
Raise furniture, appliances and other valuables onto beds, tables and to the top of the roof in case flood water enters your house.



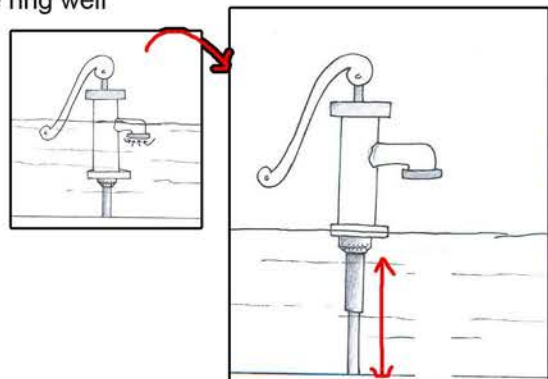
Keep Important documents like land documents, marksheet, admit cards etc in water proof pouch.

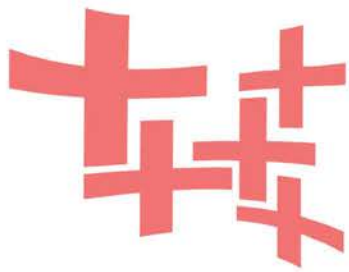


Raise the plint level of your house if it is in a flood prone area



Raise the Tube well. Put additional rings in the ring well





DO'S AND DONT'S

DURING THE FLOOD

Do not walk through moving water.



If you have to walk, wherever possible, walk where water is not moving. Use a stick to check the firmness of the ground in front of you



Do not allow children to play in and around flooded areas



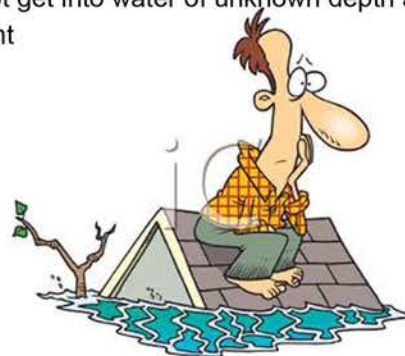
Do not go near submerged transformers/ electric poles/ electric wires etc.



Use sandbags or pillows or rugs to fill the airspace of a door during rising flood.



Do not get into water of unknown depth and current

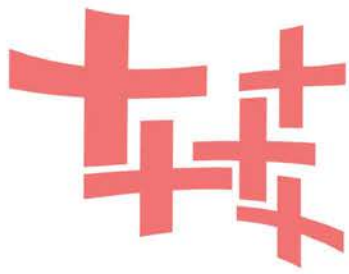


Be careful of snakes, snakebites are common during floods.



Do not attempt to swim/ cross rivers or flowing stream



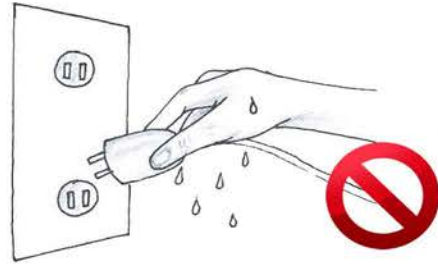


DO'S AND DONT'S

Keep your food covered.



Do not touch electrical equipments if you are wet or standing in water



Boil water before drinking.

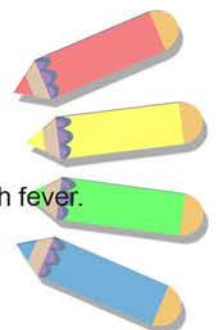


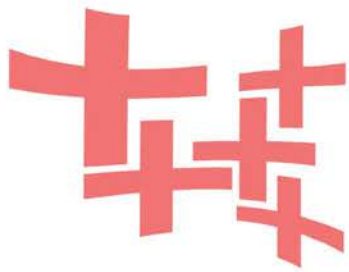
Use bleaching powder to disinfect your surroundings



AFTER FLOOD, WATER BORNE DISEASES ARE COMMON, THEREFORE KNOW WHAT TO DO

- 1 Boil water and milk before drinking
- 2 Cover eatables to protect them from flies
- 3 Clean and boil green vegetables before eating
- 4 Clean the Utensils which are to be used for food items.
- 5 Disinfect the wells by pouring bleaching powder and potash into it. (Mix 4 spoons of bleaching powder in One litre water)
- 6 Wash your hands before eating and after defecation
- 7 Use bleaching powder to disinfect the surrounding
- 8 Bury deep and far the garbage and children's stool.
- 9 Rush to the nearest health centre if you experience loose motion vomiting or high fever.





URBAN FLOOD

DO'S AND DON'TS

Do Not Walk, ride cycles / bikes or drive vehicles through inundated roads and footpath



Illustration Courtesy: www.ses.nsw.gov.au

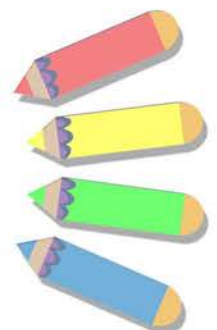
Do not dispose Solid waste (rugs, plastics etc.), into drains.



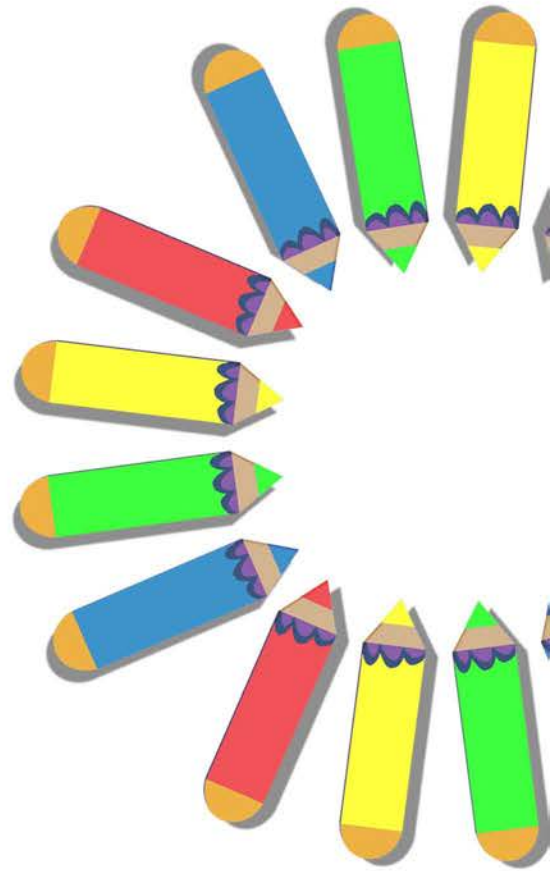
Use sandbags or pillows or rug to fill the airspace of a door during rising flood.



If there are chances of flood water entering your house, put expensive things, electronic appliances, food and drinks upstairs or as high as possible.

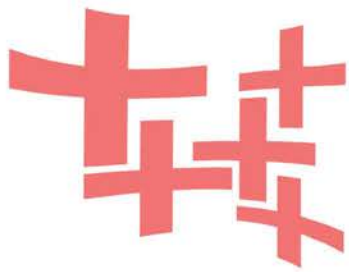


I AM FIRE READY



Fire is the visible effect of the process of combustion – a special type of chemical reaction. It occurs between oxygen in the air and some sort of fuel. The products from the chemical reaction are completely different from the starting material. The fuel must be heated to its ignition temperature for combustion to occur.





DO'S AND DON'T'S

TO BE FIRE SAFE, KNOW WHAT TO DO

Know your Building evacuation plan



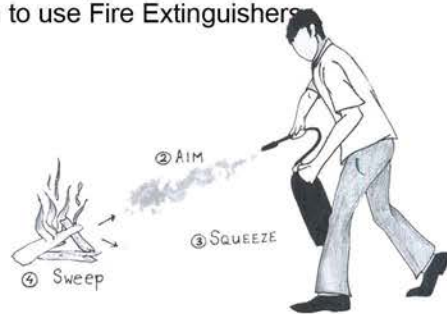
Test smoke and carbon monoxide alarms regularly



Know the locations of fire extinguishers, fire alarm pull stations and exits



Learn to use Fire Extinguishers



Do not tamper with smoke detectors, carbon monoxide alarms, fire alarms or sprinkler alarms



Conduct fire drills.

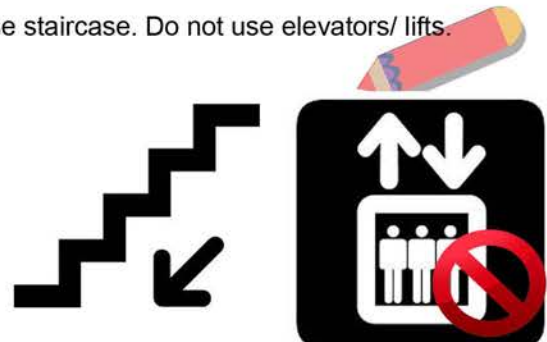


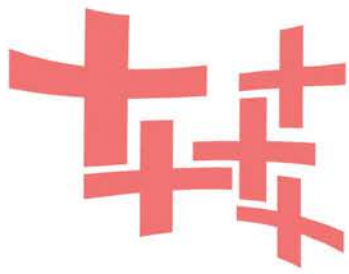
IF A FIRE BREAKS OUT, DO THE FOLLOWING

Evacuate calmly and quickly whenever a fire alarm sounds. If you encounter smoke during evacuation, stay low to the floor



Use staircase. Do not use elevators/ lifts.





DO'S AND DONT'S

IF A FIRE BREAKS OUT, DO THE FOLLOWING

Call the Fire Brigade. Dial 101 or 108



Do not ignore any fire alarm



Turn off LPG cylinders



Switch off electric appliances



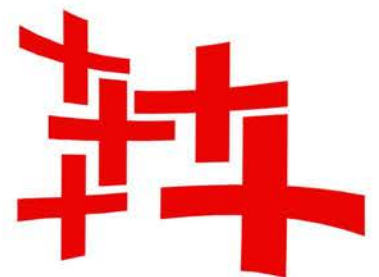
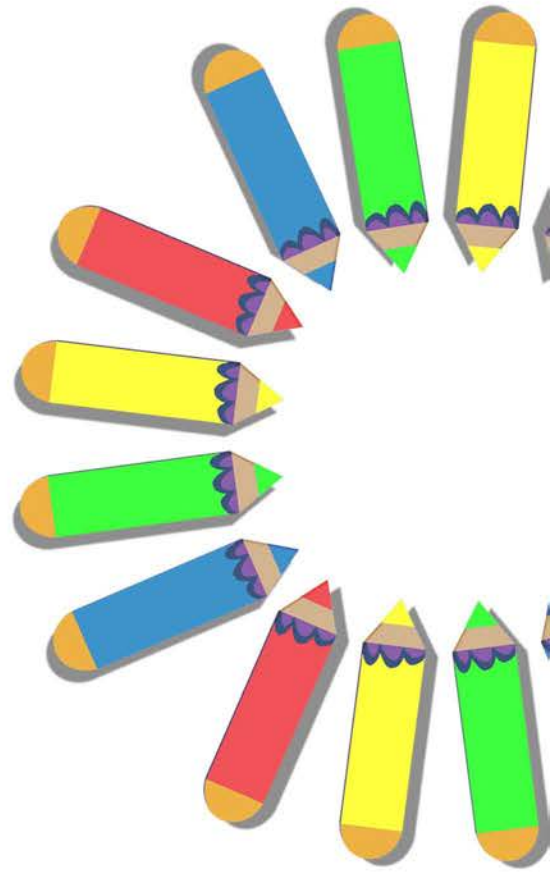
Do not go back inside the building unless instructed

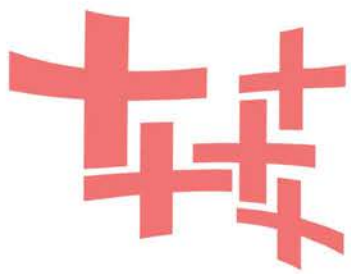


Do not panic.



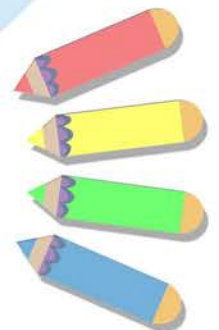
**READY
WITH
EMERGENCY
KIT**

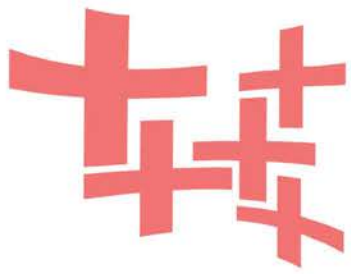




EMERGENCY KIT

STEP 1: FIRST AID BOX





EMERGENCY KIT

STEP 2 : ESSENTIALS

CASH



**DRY FOOD LIKE BISCUITS,
CHEERA ETC.**



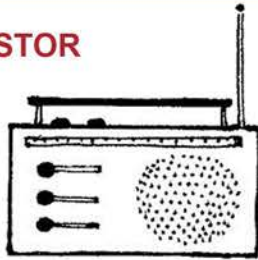
TORCH



DRINKING WATER



TRANSISTOR



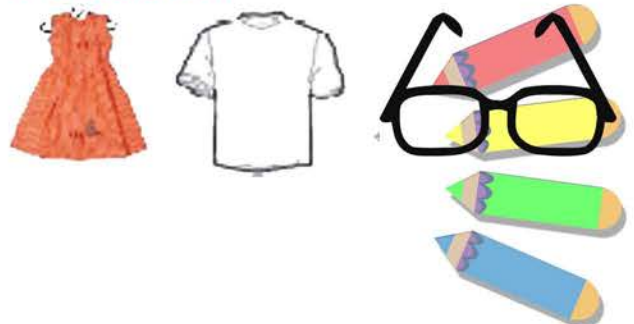
WHISTLE

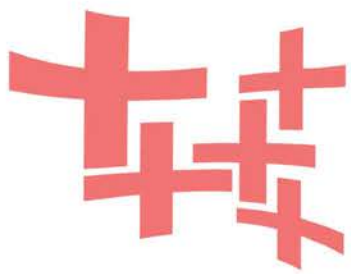


EXTRA BATTERIES



**EXTRA CLOTHES AND EXTRA PAIR OF
SPECTACLES**

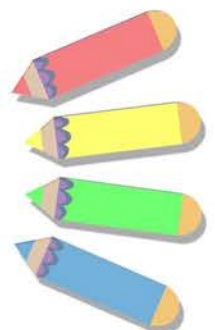




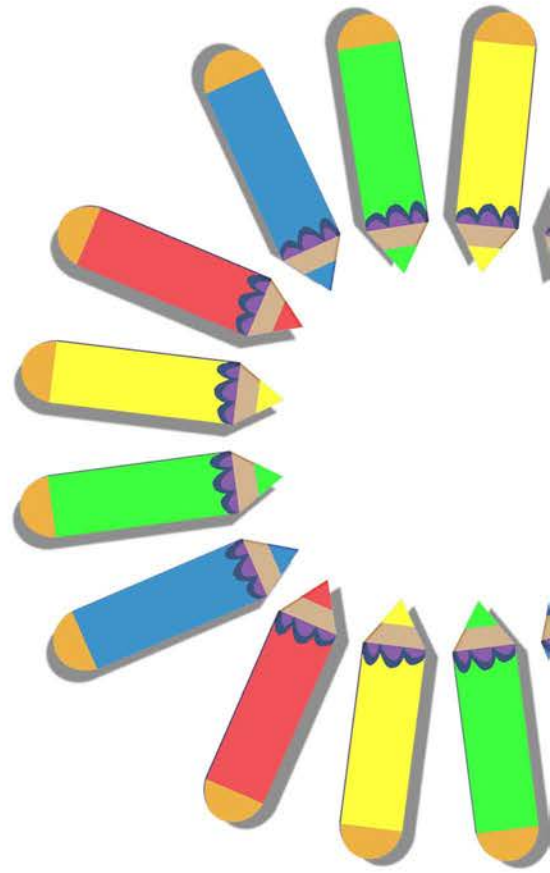
IN CASE OF EMERGENCY

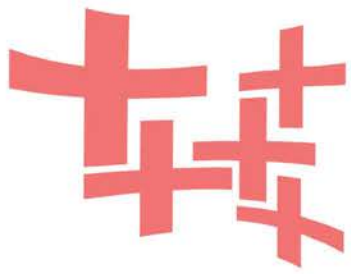


IN ANY EMERGENCY, IF YOU NEED HELP FOR
POLICE, FIRE, MEDICAL
YOU CAN JUST DIAL **108** ONLY &
SPECIFY YOUR NEED.



**IT'S
FUN TO
LEARN**





IT'S PLAY TIME

COLOUR ME

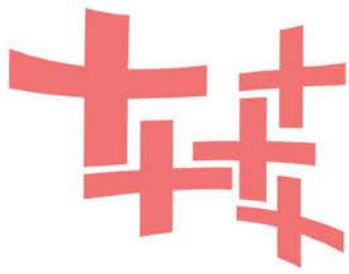


Illustration courtesy : Caribbean Disaster Emergency Management Agency (online)

LET'S SEE HOW COLOURFUL YOU CAN MAKE THE ABOVE PICTURE

DURING
EARTHQUAKE
DROP , COVER
AND HOLD ON !





IT'S PLAY TIME



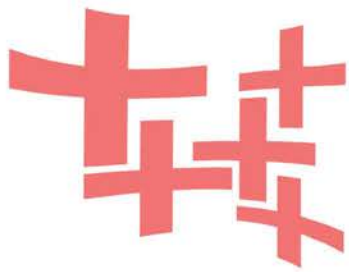
**FIND
ME**

FIND OUT THE WORDS IN THE TABLE 1 IN THE PUZZLE BELOW

TABLE 1

Aftershock	fire
Bolt	gas
Careful	help
Damage	rescue
Emergency	Rumbles
Epicentre	Shake
Fault	Vibrations

C	D	R	D	G	F	T	E	B	O	L	T
O	I	U	A	R	A	N	T	A	R	C	C
E	S	M	M	I	U	T	A	F	E	A	R
P	A	B	A	P	L	L	O	T	M	R	E
I	S	L	G	R	T	G	E	E	E	E	S
C	T	E	E	E	E	R	I	R	R	F	C
E	E	S	M	P	A	G	A	S	G	U	U
N	R	E	M	A	I	I	A	H	E	L	E
T	V	I	B	R	A	T	I	O	N	S	I
R	Q	O	M	E	P	E	P	C	C	Y	T
E	A	Y	S	H	A	K	E	K	Y	E	W
E	R	N	T	H	E	L	P	F	I	R	E



ANSWER ME

IT'S FUN TO LEARN

Q1: During Emergency which Number should you Dial?

Q2: During Earthquake if you are in your school building / office building. What should you do?

- a. Run out of the building
- b. Drop Cover Hold until the shaking stops
- c. Shout for help

Q3: Assam falls in which seismic Zone?

- a. Zone I
- b. Zone III
- c. Zone V

Q4: The concept that Earth's Upper layer, or lithosphere, is divided into large, quite rigid segments which float over the more dense upper mantle, is termed as-

- a. Pushing margin
- b. Plate tectonic
- c. Floating continents
- d. Convection currents

Q5: Two obvious ways plate tectonic activity can be witnessed is in

- a. Wind and ocean currents
- b. Earthquake and volcanoes
- c. Avalanches and snowstorms
- d. Changing weather pattern

Q6: What is an earthquake?

1. The shaking of earth due to an approaching thunder storm
2. The vibration of planet earth as it passes between the sun and the moon
3. The trembling of the ground when rock masses on the Earth's Surface are abruptly displaced.

Q7: Earthquake happens _____ lines in the earth's crust where pressure builds and erupts

- a. Fracture
- b. Fault
- c. Filter
- d. Fast

Q8: If I am indoors, what is the first thing that I should do if an earthquake occurs?

- a. Stop, crawl, whisper
- b. Drop, Hold and Listen
- c. Drop Cover Hold on
- d. Run, Jump, drop

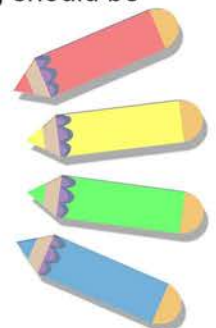
Q9: If I am indoors when an earthquake occurs, which way should I face?

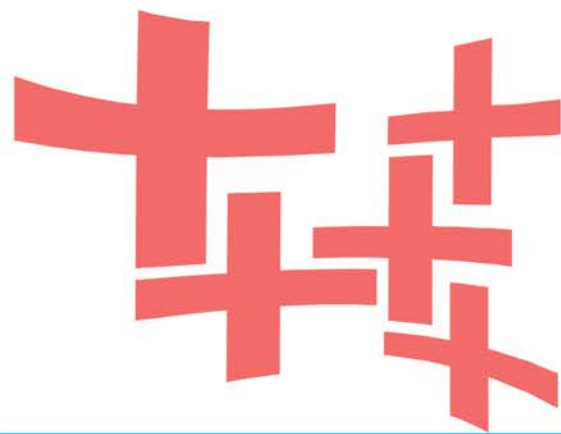
- a. Away from windows
- b. Away from Light
- c. Towards the Door
- d. Towards the clock

Q10: During Flood, to ensure protection of Valuable Documents what should one do?

- a. Put the documents in a water resistant plastic bag and seal it
- b. Give it to Friends
- c. Keep it in a file
- d. Nothing should be

ANSWERS
A1: 108, A2: Drop Cover Hold, A3: Zone V (Rem: this is the highest seismic vulnerable Zone), A4: Plate tectonic, A5: Earthquakes and volcanoes
A6: The trembling of the ground when rock masses on the Earth's Surface are abruptly displaced, A7: Fault, A8: Drop Cover Hold on, A9: Away from windows, A10: Put the documents in a water resistant plastic bag and seal it.





FAMILY PREPAREDNESS PLAN

Emergency Meeting Place _____

Outside home

Meeting Place _____

Outside your neighbourhood

Address _____

Family Contact _____

Phone _____

Outside the city



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Ancillary Block, Opp SBI Assam Secretariat Branch,
Assam Secretariat, Dispur
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